



Having Big Feelings

KEY POINTS

- Everyone feels big and intense emotions sometimes and that's okay.
- Everyone has impulsive urges that are caused by big feelings. The key is to ride out the urge and wait for these feelings to lessen in intensity.
- There are many things your students can do for their big feelings to help turn down the intensity.
- As our hedgehog friends sing, **“Big feelings, they come and they go.”**

TIPS FOR REINFORCING

- Before moving into problem-solving mode, start with validating your students' emotional experiences.
- In your classroom, provide designated space for your students to calm down and use different strategies to help with their intense emotions.
- When students are calm, brainstorm different healthy coping skills to help with big feelings, including squeezing a stress ball, giving your favorite stuffed animal a hug, drawing, blowing bubbles to take deep breaths, or taking deep breaths while counting to three.
- Provide positive feedback as you notice when your students are identifying big emotions and utilizing healthy strategies to help them “come and go.”
- Model opportunities when you might use healthy strategies to ride out the wave of big emotions.

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🎵 *Big feelings, they come and they go.* 🎵

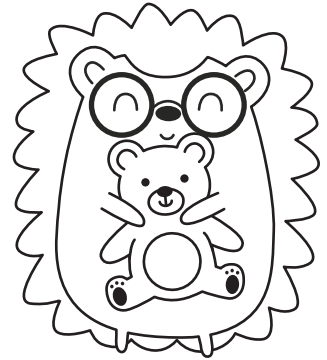
Below are a variety of skills YOU can use to help with having big feelings.
Think about a time when you could use each of the skills below.



Count to three



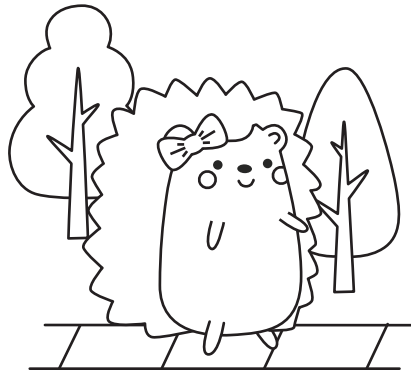
Take a deep breath



Hug a stuffed animal



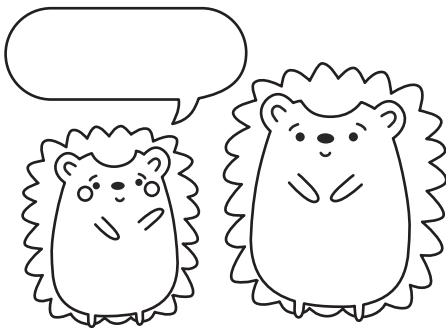
Draw or color a picture



Take a break or walk



Listen, dance, or sing to music



Talk to a trusted grown-up



Get a drink of water

What do you like to do when you have big feelings?

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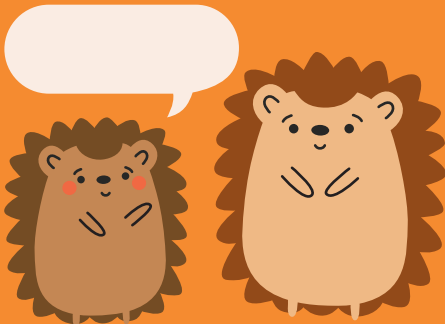
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